

RVPC

Regional Violence Prevention Coalitions

The RVPC project brings together a diverse, multi-sector group of community stakeholders and residents (including youth and parents) to form place-based violence prevention coalitions throughout Los Angeles County. The goal of these coalitions is to advance best practice, policy, and systems change for violence prevention county-wide.

AUGUST 2022 UPDATES

The RVPC Community has been hard at work since the project began last November. Over the last 10 months the seven coalitions have engaged over 150 individuals and over 50 community based organizations in this regional work. Additionally, we were excited to learn that the project has been extended through December 2022! Building robust coalitions and developing comprehensive violence prevention interventions takes significant time and we are thrilled that the lead agencies will be able to continue collaborating and supporting one another in this important work.



The RVPC Learning Collaborative met together for the first time in person this June to celebrate and recognize the wonderful accomplishments of the first term (picture above).

NEW VIOLENCE PREVENTION GOALS

Each RVPC identified new violence prevention goals for the fall, including:

- Mental Health & Healing
- Trauma Informed Care
- Youth Development
- Gang Prevention
- Youth Drug Use Prevention
- Food Insecurity
- Family Support
- Intimate Partner Violence

MINI GRANT PROJECTS & EVENTS

As a part of their violence prevention work coalitions have also begun to fund grassroots organizations within their communities whose missions align with their prevention goals.

Summer 2022 funded projects include:

- Human Trafficking Survivor Community Resource Fair
- Young Kings Mentoring Retreat
- Perspectives of Communities of Color Documentary Series

WHAT'S COVERED IN THIS ISSUE

- The Public Health Approach to Violence Prevention
- Root Causes of Violence
- Social-Ecological Model
- RVPC Agency Spotlight: StrengthUnited
- Grounding Tips
- Data Corner



Regional Violence Prevention Coalitions



The Public Health Approach to Violence Prevention

"Health is the state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity."

(World Health Organization)

Public health is not only about controlling disease. It is a field dedicated to the health, safety, and wellbeing of all individuals, groups, and communities.

The Public Health Approach to Prevention is a scientific process used to address public health challenges. It calls on knowledge across all disciplines to identify, examine, and address health problems impacting certain populations.

Like many other public health issues, violence is predictable and preventable. The Public Health Approach allows us to examine the issue of violence in our community, understand the root causes and risks of violence, and develop effective strategies to target and end it.

THE FOUR STAGES IN THE PUBLIC HEALTH APPROACH TO VIOLENCE PREVENTION CYCLE

1 Define and monitor the public health problem.

In the first stage we define and monitor the problem by analyzing available data. This will tell us who is affected by violence, where the violence is occurring, what form of violence is prevalent in these areas, and how it happens.

Data can come from surveys, landscape analyses, interviews, observations, and more.

2 Research causes, risk factors, and protective factors.

Next, we try to understand what factors are more likely to expose someone to violence, or risk factors.

We can also identify what factors make someone less likely to be affected by violence, or protective factors.

Remember: risk factors are not the reason why someone is impacted by violence - they only increase the likelihood that they are impacted.

3 Develop and test interventions and strategies for communities.

Next, we develop an action plan that supports communities, offers services, builds capacity, or offers guidance to susceptible individuals.

Action plans are unique to the people and environments impacted by the issue.

4 Ensure widespread adoption and willingness to make change.

Lastly, we connect communities with services, organizations, and each other to promote adoption of effective strategies and interventions.

This can include violence prevention resource fairs, information campaigns, or being a part of a county wide project!

LEARN MORE ABOUT THE PUBLIC HEALTH APPROACH BELOW :

THE PUBLIC HEALTH APPROACH TO VIOLENCE PREVENTION - CENTERS FOR DISEASE CONTROL

THE PUBLIC HEALTH APPROACH TO VIOLENCE PREVENTION WORKSHEET - CENTERS FOR DISEASE CONTROL

BACKGROUND: THE PUBLIC HEALTH APPROACH VS. THE CLINICAL APPROACH - THE SCIENCE OLYMPIAD

RISK FACTORS AND PRIMARY PREVENTION - NORTH DAKOTA HEALTH



DIGGING DEEP:

Understanding the Root Causes of Violence

“The root cause of unequal allocation of power and resources creates unequal social, economic, and environmental conditions.

Those conditions then lead to poorer health outcomes for some groups in a community.”

(National Academies of Sciences, Engineering, and Medicine, 2017)

With any health issue, there is always more than what is seen on the surface.

Root Cause Analysis is a tool used to understand the underlying cause of a specific problem in order to identify the best possible solution. This approach allow us to look upstream to the deeper issues that lead to certain outcomes or experiences, rather than focusing only on the causes that are more apparent. If we don't look upstream at the deeper systems, cultures, beliefs, and institutions that uphold inequities and injustices, we will continue to create solutions that target only half of the real issue.

For example, we may think we could reduce cyberbullying of LGBTQ+ youth only by implementing social media campaigns in schools targeting bullying, when the deeper issue is a society that focuses on "othering" individuals based on their sexual and/or gender identity.

Other examples of root causes of violence include: community connection, capitalism, displacement, homelessness, trauma exposure, poverty, bullying, silencing of youth, racial discrimination, and more.

To help us create meaningful approaches to violence prevention, we must identify and target the deeper, systemic issues that contribute to incidents of violence, stigma towards asking for help, social isolation, and more.

The **Root Causes of Violence Tree Activity** can be used to label the root causes (**roots**) that lead to the contributing factors (**trunk**) that lead to a specific experience or outcome (**branches**). These root causes are often "harder to see and harder to remove" than the branches that are "easy to see and easy to remove."

Ex: Gender Based Violence

Tree Branches: Domestic Violence, Stalking, Sexual Harrassment

Tree Trunk: Poverty, Isolation, Lack of Education

Tree Roots: Sexism, Gender Inequality, Power Inequity

Links: [Tree Activity Background](#) | [Tree Activity Sample & Blank Copy](#).

Click [HERE](#) for an example created by the RVPC Learning Collaborative.

Learning Resources

WHY IS JASON IN THE HOSPITAL? A ROOT CAUSE ANALYSIS

UNDERSTAND AND IDENTIFY ROOT CAUSES OF INEQUITIES - COUNTY HEALTH RANKINGS & ROADMAPS (includes facilitator guide).

A PUBLIC HEALTH APPROACH TO THE VIOLENCE EPIDEMIC IN THE UNITED STATES - COHEN & SWIFT (page 10).

CONNECTING THE DOTS AN OVERVIEW OF THE LINKS AMONG MULTIPLE FORMS OF VIOLENCE - CDC

HOW SOCIAL FACTORS SHAPE HEALTH VIOLENCE, SOCIAL DISADVANTAGE AND HEALTH - RWJ FOUNDATION

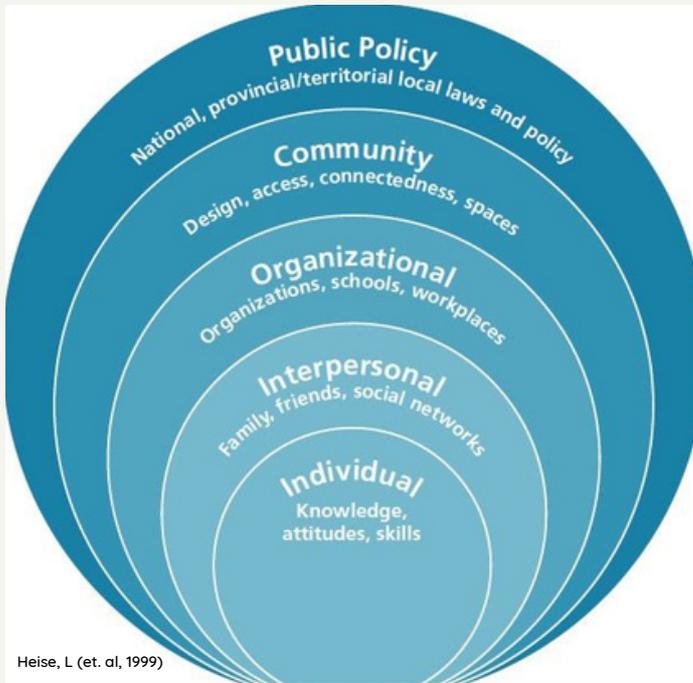
VIOLENCE AND HEALTH EQUITY - PREVENTION INSTITUTE



THE SOCIAL-ECOLOGICAL MODEL

Violence prevention strategies are most effective when they consider the unique personal characteristics, close relationships, community dynamics, and societal norms that exist around us.

The **Social-Ecological Model** is a tool used to examine the relationship between individuals and their environments.



Heise, L (et. al, 1999)

EXAMPLES AND INTERVENTION IDEAS:

Individual level: Biological and personal factors.

- **e.g.** age, education, income, coping skills, history of trauma and/or abuse.
- **Ideas:** promote changes in personal attitude, knowledge, values, or skills.

Interpersonal level: Close relationships and social circles.

- **e.g.** family, friends, classmates, social networks, coworkers, case workers.
- **Ideas:** mentoring programs, teaching parenting skills, conflict resolution training, healthy relationships classes.

Community/Organizational level: Settings in which relationships occur; physical makeup of spaces.

- **e.g.** schools, workplaces, built environment, tribes, support groups, religious spaces, community cohesion.
- **Ideas:** safe playgrounds, end redlining, create access to social resources, reduce pollution in low-income areas.

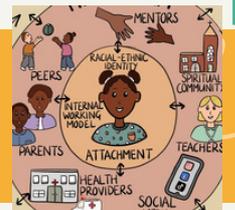
Policy level: Societal factors and cultural climate.

- **e.g.** economic policy, social policy, gender inequality, LGBTQ+ inclusion, religious & cultural beliefs, norms.
- **Ideas:** open-minded beliefs about what "healthy" is, systems change to address structural inequities.

"In order to prevent violence, it is important to implement programs and policies that can reduce risk factors and increase protective factors at each of the different levels of the model." (Centers for Disease Control)

LEARN MORE ABOUT THE SOCIAL-ECOLOGICAL MODEL

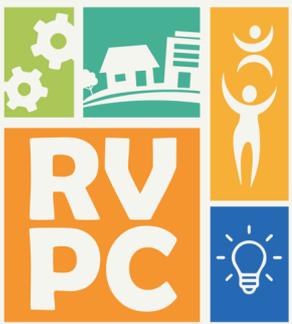
[Intro to Ecological Model Youtube Video](#)



The Social-Ecological Model: A Framework for Violence Prevention **Ecological Systems Model for Black Youth Development**

Centers for Disease Control

@clin_psychind (Twitter)



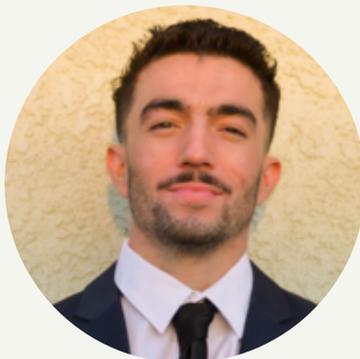
Regional Violence Prevention Coalitions

Lead Agency Spotlight: STRENGTHUNITED (SPA 2)

StrengthUnited is dedicated to the elimination of child maltreatment, sexual and domestic violence through healing, empowerment, education and increased public awareness of prevention strategies. They provide high quality trauma informed, crisis intervention, advocacy, counseling services, trainings, clinical internships, and prevention education to promote social change.



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Why do we love StrengthUnited?

"StrengthUnited is committed to the communities we serve. This means we are constantly checking in with clients and the communities we serve to get input from them. We prioritize building community members as leaders in violence prevention."

Why do we love this project?

"Violence prevention is intrinsically intersectional. As preventionists, this mandates we lean on creativity and teamwork to be successful. Everyday brings new adventures and curve balls!"

For more information about StrengthUnited, click [here](#).
To sign up for their mailing list, click [here](#).

Data Corner

As we approach the beginning of September, there is one thing occupying many families' minds:

going back to school.

Schools are an important place for violence prevention as they offer a wealth of knowledge about the issues that youth face and are a natural setting for violence prevention strategies. As students gear up to head back to the classroom, so do researchers and public health officials!

The **California School Climate, Health, and Learning Surveys (CaSCHLS)** are a powerful resource for understanding and identifying the the problems students face in school and the disparities of problems across states, counties, or districts.

Topics covered include:

- school engagement
- school safety
- substance abuse
- adult and peer relationships
- social and emotional health
- routines and habits

CaSCHLS can also break down information based on student characteristics such as:

- race/ethnicity
- sexual orientation
- gender identity
- parent level of education
- homelessness status
- english proficiency

See below for an example of data available about 11th grade students in Los Angeles County from 2017–2019 (Source: CaSCHLS):

- **31%** of students experiencing homelessness contemplated suicide compared to **15%** of students living in a home.
- Lesbian, gay or bisexual students are almost **2 times as likely** to be using drugs or alcohol compared to heterosexual students (**32% vs. 18%**).
- Transgender students are more than **2 times as likely** to have experienced harassment or bullying than cisgender students (**60% vs 24%**).



CALIFORNIA CLIMATE HEALTH, AND LEARNING SURVEYS



Click [here](#) to access the CaSCHLS database. You can find access to data about elementary students, secondary students, and school staff. You can also see the most recent data, or trends over time. Follow the steps after choosing a database to find the information you want.

Let us know what you learn!



GROUNDING TECHNIQUES

Progressive muscle relaxation helps reduce stress and anxiety in your body by slowly tensing and relaxing each muscle. When practiced everyday, this technique can help recognize tension in the body and to develop the skills to relax.

Click [here](#) for examples and a practice script!

NEXT MONTH'S TOPIC: TRAUMA 101

September's Learning Collaborative will be centered around defining and understanding trauma and examining trauma informed care as an important violence prevention practice.

